# THE TIMES DAILY MAGAZINE PAGE

### Always Be Sure That You Start

Even If You Never Arrive at Your Destination It's Always Well to Begin Journey.

By WINIFRED BLACK. (Copyright, 1915, Newspaper Feature Service). H, smner, does you hear dat

Oh, sinner, does you listen? The wild chant rose in melancholy minor as savage and primitive as the beat of a tom-tom.

The summer cottagers sat on their verandas and listened-most of them with laughter, some with sneers, and ne or two with a certain uneasiness of body that betokened mental distur-

bance.

The darkies were holding camp meeting out in the grove. The moon rose belated from a clump of dark trees on the melancholy horizon—the frogs in the swamp sang dolefully and the night wind rose and fell.

"Oh, sinner, does you hear dat call; "Oh, sinner, does you hearken?" There was a sudden slamming of doors a rustling of starched petticoats, a scuffle of slow feet, and around the corter of the house came Melindy, the cook—all in her best go-to-meeting

elothes.

Starched and stiff and snowy clean—
the clothes. Black and shiring and weighing two hundred pounds—Melindy.
To her, sauntering up the path came the Brown Girl, Slim Sally, as they called her in the kitchen.

He Saw Her Start.

The Brown Girl was in white, tooslimpy, sleezy, slithery white-with a big yellow sash and a hat with yellow roses on her kinky head.

"La, Aunt Melindy," said Slim Sally,
"you all ain't gwine to git to no preachin' tonight; de meetin' bout over."
Melindy drew herself to her full

Melindy drew herself to her full height.
"Bon't you be worryin' bout me and my doin's, Slim Sally," said Melindy,"! may be late to de meein', but de Lawd done see me start."
i "Hiyah," laughed Slim Sally, flicking the moonlight as she caught the hat with the yellow roses on it from her head and bowed in mock humility.
"Step aside and let de friend of de big folks pass." folks pass."
Melindy sailed by like an offended

Melindy sailed by like an offended queen.

"Oh, sinner, does you hear dat call;
"Oh, sinner, does you listen?"—the melancholy minor rose and fell, some one was beating time with hands and feet, the doors of the rude church flung open and they trooped out into the night—"Oh, sinner, does you listen?"
Melindy was too late to the meeting, but, as she said, I believe it was true, the Lord saw her start.
I wonder if that didn't do a little something toward making it all right for Melindy—somewhere?

Too late for the meeting, how many of us there are who are apt to be?
I know a little woman who's always too late for every meeting.

too late for every meeting.

Those Who Are Late. They criticise her for it some of the

officers of the meeting.

They say it disturbs them to have her come rustling in just at the wrong time and they're annoyed about her hair and they don't like the looks of her frock Oh, yes, they like her; she means well, they all say, but really—Still somehow, when I think of all the things the little woman does before she starts to the meeting. I wonder that she gets there at all.

I know a man who hasn't arrived in time for the meeting—the great meeting where the successful men gather and tell one another how they did it.

He tried to be a successful man, lie worked hard and he worked long, but somehow, he never got started quite in time. Poor brother, I wonder if the Lord saw him start, and remembered it of him. officers of the meeting.

time, Poor in start, and lord saw him start, and lord saw him start, and lord in the fine. Melindy didn't get to the meeting in time to sing or in time to listen or even in time to pray, but she did start, she? time to sing or in time to listen or even in time to pray, but she did start, didn't she?

Slim Sally was there all the time, and never there at all, really.

She sat in the back of the church and beat time to the wild chant with a dip and a swing of her slim young body, but all the time her heart was out in the moenlight under the magnolia trees and her mind was on the yellow roses in her new hat, and her goul—I don't believe Slim Sally has ever really found her soul yet.

Don't you worry, Melindy, the Lord certainly did see you "start."

### Three-Minute Journey

By TEMPLE MANNING.

N the Andaman Islands, best known to the world as the Indian penal settlement maintained by Great Britain, I discovered a strange custom in the northerly island of the Nicobar group, that may best be termed the rite of the dying.

Walking through the cultivated lands that have been wrested from the jungle, our party came upon a graveyard. Strangely carved headstones of weed rose above the

graveyard. Strangely carved head-stones of wood rose above the ground all over the tiny clearing, and on the edge nearest the jungle stood a thatched but. My first thought was that the but was a mortuary chapel, such as we have at the gates of our cemeteries. Inquiry revenied that its purpose was quite

The Nicobar natives believe a dy-ing person actiles the hut in which he dies. The spirit of the dead man is ing person acitles the hut in which he dies. The spirit of the dead man is supposed to linger around the spot. And as the dead are feared equally with evil spirits, in whom all the Andaman Islanders implicitly believe, even the wife of the dead man will rush wildly out of the hut where he dies and never enter it again. To overcome this fearful imaginary danger to the living the Nicobar natives erect huts of death beside their graveyards. When a person is about to die he is taken from his hut and carried to the hut beside the graveyard.

The journey is precisely in the nature of a funeral procession. Consequently, when the man does not die, but recovers, as sometimes happens, he is as one who has returned from the dead. He must undergo many ceremonies before his defilement is pursed and he is permitted to mingle once more with the living. But, as the Nicobar islander fights transportation to the hut of death with all his power, the contretemps seldom occurs. When a dying man once finds himself in the hut of death he gives up the fight to live. Dying he gazes upon the open grave that is to be his last resting place.

## Cadet Regiment Preparation for Manhood First, Defense Second, Says Stephen Kramer Should Be Changed Often

Assistant Superintendent of Schools Declares That High School Regiment Is Important Not Only as a Means of Preparation for Defense, But for the Broad Educational Advantage It Affords Boy from Mental, Moral, and Physical Standpoints.

By FLORENCE E. YODER.

66 T HE recognition of the worth of the High School Cadet Regiment to the community, should arise, not from any enhanced value on the score of preparedness, but from the fundamental educational advantages which the drill affords the growing youth of the country."

Thus does Stephen E. Kramer, assistant superinterdent of schools, hold to the theory of the individual advantage of the drill in the public school, as being of prior importance to the advantage afforded in consideration of the drill as a means of preparation for national defense.

"A degree of preparedness naturally follows such a course," he said today, "but one should always bear in mind that preparedness is a result of the military training of boys, and not the fundamental principle which governed the selection of that particular school, activity, and its incorporation into the school life.

"Social, physical, moral, and sentimental values of the cadet regiment, relating to the boy as an individual with the duty of learning to adjust himself to a life among his fellows, should be the ruling forces in the parental choice, when the question of whether the son should join the regiment, comes up.

Has Many Values. "It is unnecessary to exploit the virtues of the regiment in the schools on the grounds of its being an aid to preparedness, for far more important and comprehensive educational values take precedence," he

continued.

"What does the boy get First, training in the co-ordination of his faculties. This is the underlying principle which governs the choice of the regiment as a school activity. since co-ordination makes strength of mind. "One of the first tests of feeble-

mindedness is a co-ordination test, and in the correction of feeble-mind-edness the process of co-ordinating the mental and physical faculties is the first step taken.
"In the regiment for the high school cadet we are given merely a higher order of co-ordinative exercizes suitable to the advanced mental plane of the young men who enterand designed purposely with the intention of increasing the mental

"Attentiveness, mental and physical, and the ability to respond, increases the efficiency of the boy as a human entity, raises the standard of the mass, and thereby contributes toward raising the standard of the community.

"Psychologically, the boy is taught his place in life, and learns to adjust himself to the social relations. His first relation to society proper is taught him, subordination without

is taught him. subordination without inferiority, or, if he be an officer, leadership without arrogance.

"He is taught that he can obey orders which will contribute to the comfort of the whole, without sacrificing any of his dignity. He discovers the meaning of being a part of a whole, and the responsibilities attendant upon the discharge of the duties of his position.

"For example, I call to mind the case of the smallest boy in the winning company of 1913. That child won the drill for his company, because he displayed the ability to think quickly, act accordingly and judge his duty with consideration of its relation to his fellows.

"He lost his cap. Up to that time

"He lost his cap. Up to that time several companies had put up such exceptionally excellent drills that it was impossible for the judges to dewas impossible for the judges to decide upon one as a winner. But the little fellow who did not stop to pick up his cap, who had, apparently, learned the lesson which the drill itself is designed to teach, co-ordination with consideration at all times for the good of the company as a whole, turned the choice in the favor of his own schoolmates.

Is An Added Appeal.

"From a sentimental standpoint, the standpoint of memories, the drill makes an added appeal. It gives the boy a background, there is a pull to it. Almost every memory of a former cadet is a cadet memory, and of all of the school activities, football, baseball, and others, no other makes such a lasting impression or calls forth so many happy reunions." Mr. Kranier admitted that only one third of the number of boys eligible lest year had joined the cadet corps, but stated that this was due perhaps

Blue Serge For Fall

PHOTOS BY UNDERWOOD & UNDERWOOD-

ing Medium Width Belt.

Medium Length Jacket with Set-in Pockets. Collars and

Cuffs of White Silk Poplin. The Coat Is Piped with

White Poplin. White Pearl Buttons Are Used on

Pockets and Sleeves. One Large White Button Clos-



STEPHEN E. KRAMER, Assistant Superintendent of Schools, In Charge of Cadets.

not so much to objections which parents might have to the organization itself as to the diversity of other in-terests which attracts the attention and absorbed the interest of the

Plattsburg, with its business men's camp, he suggested, might be a means of getting a summer encampment for the next regiment, with the

ment for the next regiment, with the supervision of army men.

Not so much because of objections, but because of the inability of the parents to greap the importance of the drill as a school activity. he continued. "the roster is not as full as it should have been in pust years. If the purents did realize the value of the training, and the individual opportunity for character development which it affords the boy, they would be more enthusiastic." would be more enthusiastic."
The following information con-cerning the cadet regiment is issued by the school authorities.

Statement by Authorities. The expense of the organization is very slight and consists of the cost of the uniforms, which are paid for by the parents of the individual cadets. and the keep of the equipment of arms, etc. This last is a very small expense and is borne by the contingent expense fund of the public school system. Ex-pense for bands, the annual re-view and parade, and the annual competitive drill are borne by contributions from the cadets, and really exceeds 25 cents and resmall expense and is borne and rarely exceeds 25 cents aplece for each cadet. We have a regular military in-

We have a regular military instructor carried on the roils of the schools. This official is an officer in the National Guard of the District of Columbia, and is employed in one of the Federal departments. He gives his time out of office hours and two afternoons a week to this work. He is at present receiving a salary of \$550 per annum from the schools. Our cadets drill twice a week, on Monday and Thursday afternoons, for a period not exceedon Monday and Thursday afternoons, for a period not exceeding one and one-half hours each
day. Membership in the cadet
regiment is required by law, unless the pupil is officially excused by the principal of the high
school concerned. These excuses
we have been perfectly willing
to give upon the personal aplication of the parent of the
pupil. It has not yet seemed
advisable to us to make the service practically compulsory.

### To Build Up the System By DR. LEONARD K EENE HIRSHBERG. (Copyright, 1915, by Newspaper Feature Service, Inc.)

Why Your Hygienic Habits

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OCRATES, as reported by Plato, when about to die, said: "This is the hour in which men are gifted with prophetic power."

Most men, if they study the facts, can really show almost a gift of prophecy. Thus the doctors in hospitals know, from tests and observations, that of the class of persons brought to the public wards in a large city one in every five has blood tainted with a contagious maiady.

That is to say, resident physicians in metropolitan hospitals have the fortune telling ability to say to each group of 100 persons: "Here, if you wish to avoid locomotor ataxia, apoplexy, paresis, hardened arteries, Bright's disagrant was in the contagination of the property of the property of the class of persons and property of the class of persons thereof the property of the class of persons in every hundred too heavy in fat for their future welfare.

malady.

That is to say, resident physicians in metropolitan hospitals have the fortune telling ability to say to each group of 100 persons: "Here, if you wish to avoid locomotor ataxis, apoplexy, paresis, hardened arteries, Bright's disease, and, if possible, even worse allments, twenty years or less from now, you must take special treatment until your blood shows no more signs of the secourse."

Unhappily, such prophesies by doctors are laughed at. The warnings go unheeded, with the result that three men in every hundred between the ages of thirty-five and sixty die of such com-

Other Chances of Life.

While it is certainly true that one in every five persons has malignant blood disorder, actually one in ten has it in the healthlest groups of those free from disease.

Next to this disorder, muscular excesses in play and workathletics and overexertion—furnish a large part of the cesses in play and work—athletics and ill health after thirty-five and forty-five years of age. That abomination of physiological health—high pressure of blood in the arteries and veins—is often traceable either to muscular overexertion or to the emotional overflow, which in an equivalent fashion makes a microscopic unseen play of the flesh. This effects the same purpose at the same cost of health.

Relearn Conduct of Life.

Four persons in each hundred are found by carefull examinations at this supposedly youthful period to be really grave danger as far as health. The danger is heightened because of the fact that hardly one of them is con-cerned or will submit themselves to sanitariums, hospitals, dispensaries, and other life extension institutions to be

#### Answers To Health Questions

Reader—Please advise a diet for smoke cigarettes and am seventeen chronic nephritis. Should beans be years old. No beans of any kind, eggs, meats, worse than a pain around the heart if cheese, nuts, asparagus or peas should you do not cease smoking. Show yourbe eaten. Fresh fruits, bread, milk, cereals and sweets are all right. Carrots, sprouts, lettuce and spinach should be taken in moderation.

R. M.—Kindly tell me if dropsy will come back to one whose heart was left weak after the first attack? If so, is it

It may come back, but it is preventable and curable. Avoid worry, anxiety, excitement, overwork and loss of sleep.

DAILY READER—Every once in a while I get pains around the heart. I wish also to state the fact that I

PERSONAL ADVICE.

Readers desiring a personal repla should remember: 1. To address inquiries to Dr. L. K. Hirshberg, care of The Washington Times. 2. To enclose a stamped and sd

scarcely think that you would care to go out with others, if you love him truly.

Of course, if you are not formally engaged, you are really at liberty to do as you please.

Miss Laurie will welcome letters of in-quiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.

dressed envelope.

# ADVICE TO GIRLS

By Annie Laurie

Dear Miss Lauric Some time ago I came in contact with a young girl whom I didn't know, but I was very desirous of making her acquaintance. There was something about her which appealed to me. Later on I got an introduction through a friend. We saw each other quite often after that and seemed well satisfied with each other's company. My only fault to find is that she will not talk on subjects I mention, but always speaks of automobiles and things she has been used to in rather a beasting way.

A READER.

HE girl may think that she is making a great impression upon you by talking of "auupon you by talking of "automobiles and things she has been used to." If she is still young she may hold the mistaken idea that people are judged by the amount of wealth they possess rather than by their qualities of character.

If she seems to be congenial in other ways, try to bear with her peculiarities for a while. In time, when she finds that her conversation doesn't appear to make any difference with you, she may stop it.

My Dear Miss Laurie—I have been keeping company with a boy for the past three years. Please tell me if it is right for me to go out with different boys. As far as I know, he hasn't been taking any girls out whatever.

I care a great deal for him, and I know he is waiting for me until I become a little older.

ANXIOUS.

Ask him if he cares about it. There are boys who do not object if their girl friends go out with others than themselves. At any rate, you will know how he feels on the subject. The boy has been so faithful to you, however, that I should

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## What They Say About Us

Pertinent Interests of Women As Viewed By Editorial Writers of the Newspapers.

Are There Fairies?

HE good souls who superviseand entertain-the kiddles in the summer playgrounds are concerned at an unusual wave of juvenile skepticism. Tales of fairies are part of the daily diver-Would you believe it, the upto-date youngs, or souts Grimm, Andersen, and Perrault. He-some-times she-asks to be shown." And a couple of grieved teachers have asked the Evening Ledger to bring the power of the printed word to dis-

the power of the printed word to disconcert the doubters and to enable those of more faith to say triumphantly, "I told you so!"

So answering the eternal childish query we asseverate that there are faires. Why, it is as heretical to doubt their being as to question the personality of Santa Claus.

Many persons, who can be believed, think they have seen the fairies. They are never quite sure, of course, for the fairies are so elusive, so fragile, so fitting. That is sive, so fragile, so fitting. That i their faculty of coming to those who are good enough to see them, yet leaving the witnesses just a bit

yet leaving the witnesses just a bit unsure as to the vision.

Sometimes in the summer night the songs of the fairies may be heard, sometimes in lovely rustic spots the rings in which their revels have been held are visible to early risers before the dew dries on flower and grass.

But these sights and sounds, like the Grail in the Parsifal legend, are only for the truly good in heart and large in faith. If all of us, and not merely dreamers and poets and children, were eligible to glimpse them, through our kindness, gentle-

them, through our kindness, gentle-ness, forethought, how much better our workaday world would be!— Evening Ledger, Philadelphia.

"Gallopscious."

Mark Twain once wrote that the casual observer upon seeing a woman's lead pencil would conclude she had sharpened it with her teeth, but he would find on investigation that she had used a hairrin. This is a tribute to the ability of women to accomplish their ends even

under difficulties, as well as evi-dence of the universal adaptability of the wire utensil found on every of the wire utensil found on every woman's head. The number and variety of things that can be done with this implement are doubtless greater than are possible for any other human invention. There is nothing which she cannot do with a hairpin, from buttoning her shoes to repairing an automobile. The last achievement was accomplished the other day by a young woman whose electric car was stalled in the street. A wire was needed and there whose electric car was stalled in the street. A wire was needed and there was none about save in her hair. She forthwith extracted two or three hairpins and they were used with success and the car moved on.

Every mother knows that there is

nothing so effective for cleaning the ears of her children, though the doctors object to the use of such un-scientific instruments, and every boarding school girl has discovered as one of them felicitously remarked, that "Plum jam eaten on a hairpin at midnight is gallopsclous." We have no doubt that if put to it woman could build a house with no other tool.—Philadelphia Evening Ledger.

Grape Juice-Feminine Frankness The wife of Robert Lansing, who succeeded William Jennings Bryan as Secretary of State in President Wilson's Cabinet, has not much use for grape juice, and after a dipro-matic dinner at which old and good wines were served, she said, or is

matic dinner at which old and good wines were served, she said, or is quoted as saying:

"Wine will be served at all diplomatic banquets where the Secretary of State is host. Mr. Lansing and I are not extremists in the advocacy of temperance."

This is true feminine frankness. In an age of international aggression against King Alcehol, an age which sees France banning absinthe, Germany discouraging beer, England frowning on spirits, Russla prohibiting vodks, Italy checking the sale of her own whes to her own people, an age in which Prohibition seems sweeping on over the United States, and in which total abstinence is certainly more prevalent than ever before in our history, Mrs. Lansing disdains hypocrisy and declines disingenuousness. Even those who do not agree with her are compelled to respect her position.

Yet we may be permitted to doubt whether the pernickety virtue of a vast though heterogeneous mass of our electorate will tolerate any disagreement with its views. It is perhaps as well that Robert Lansing is not a candidate for the 1916 Presidential nomination. If he were a demagogue himself, which he is not, the unshrinkingly sincere partner of his joys and sorrows would make

the unshrinkingly sincere partner of his joys and sorrows would make his demagogy vain and useless. Mrs. Lansing is no politician.—Brooklyn Daily Eagle.

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